



WINGSPREAD

RANDOLPH AIR FORCE BASE

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NEWS

Air Force celebrates African-American History Month

The Tuskegee Airmen were dedicated, determined young men who enlisted to become America's first black military Airmen, at a time when many people thought black men lacked intelligence, skill, courage and patriotism. They came from every section of the country, with large numbers coming from New York City, Washington, Los Angeles, Chicago, Philadelphia and Detroit. Each one possessed a strong personal desire to serve the United States of America at the best of his ability.

Those who possessed the physical and mental qualifications were accepted as aviation cadets to be trained initially as single-engine pilots and later to be twin-engine pilots, navigators or bombardiers. Most were college graduates or undergraduates. Others demonstrated their academic qualifications through comprehensive entrance examinations.

No standards were lowered for the pilots or any of the others who trained in operations, meteorology, intelligence, engineering, medicine or any of the other officer fields. Enlisted members were trained to be aircraft and engine mechanics, armament specialists, radio repairmen, parachute riggers, control tower operators, policemen, administrative clerks and to fill the other skilled positions necessary to fully function as an Army Air Corps flying squadron or ground support unit.

The black Airmen who became single-engine or multi-engine pilots were trained at Tuskegee Army Air Field in Tuskegee,

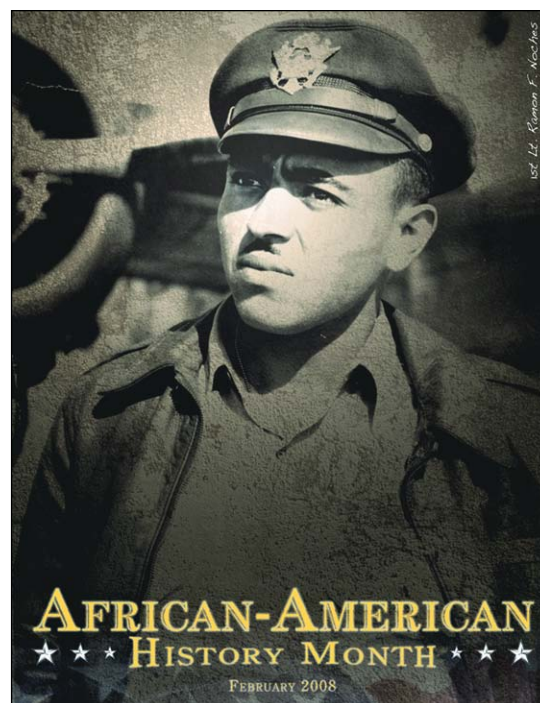
Ala. The first aviation cadet class began in July 1941 and completed training nine months later in March 1942. Thirteen started in the first class. Five successfully completed the training and received Army Air Corps silver pilot wings.

From 1942 through 1946, 994 pilots graduated at TAAF, receiving commissions and pilot wings. Black navigators, bombardiers and gunnery crews were trained at selected military bases elsewhere in the United States. Mechanics were trained at Chanute Air Base in Rantoul, Ill., until facilities were in place in 1942 at TAAF.

Four hundred and fifty of the pilots who were trained at TAAF served overseas in either the 99th Pursuit Squadron, later the 99th Fighter Squadron, or the 332nd Fighter Group. The 99th Fighter Squadron trained in and flew P-40 Warhawk aircraft in combat in North Africa, Sicily and Italy from April 1943 until July 1944 when they were transferred to the 332nd Fighter Group in the 15th Air Force.

The outstanding record of black Airmen in World War II was accomplished by men whose names will forever live in hallowed memory. Each one accepted the challenge, proudly displaying his skill and determination while suppressing internal rage from humiliation and indignation caused by frequent experiences of racism and bigotry, at home and overseas. These Airmen fought two wars - one against a military force overseas and the other against racism at home and abroad.

(Courtesy of www.tuskegeearmen.org)



First Lt. Ramon Noches, a Tuskegee Airman who was assigned to the 477th Bomb Group at Godman Field, Fort Knox, Ky., flew numerous training missions in a B-25G aircraft until he was killed in an accident during night-flying training at Gunter Army Air Field in Montgomery, Ala. (Poster by J. Luke Borland, Air Force News Agency)

The following is a tribute left by Lieutenant Noches' son, Ramon Noches, on the Air Force Memorial Foundation Web site Sept. 30, 2007.

"My father, Flight Officer Ramon F. Noches, was a B-25 pilot in the 477th Bomb Group after he completed his flight training at Tuskegee, Ala. He was killed flying a training mission, June 6, 1945. I was only four, so I really did not get to know him. But, he left me his G.I. Bill which I used to complete college, enter the United States Air Force and complete a successful career as a Colonel. I will never know his frustrations, as the black bomber units were never allowed to enter the war. Thanks Dad."

AETC releases vision of future learning

By Michael Briggs

Air Education and Training Command Public Affairs

The Air Force must transform its training and education system of today into a continuous learning culture to meet the Air Force missions of tomorrow.

Air Education and Training Command leaders released the command's vision for the years between 2008 and 2030 when they unveiled "On Learning: The Future of Air Force Education and Training," a 29-page white paper Jan. 31.

AETC produced the forward-looking study with two purposes in mind, said Gen. William Looney III, AETC commander. The first was to generate a body of thought on the future of education and training. The second was to focus on impending issues for the Air Force.

One of those issues is the ability to continue to recruit tech-savvy Americans to become Airmen, the general said.

"The young men and women who will lead our Air Force in the future have been living in a digital world their entire lives and are better pre-

pared than any other generation to operate in this environment," General Looney said. "It is imperative that we understand their needs and expectations, and develop an enterprise-wide system that fosters learning and captures their most critical asset - knowledge."

The white paper introduces concepts that support the Air Force, its leaders and Airmen in their development and lifelong learning needs. At the heart of the vision is a learning organization called "Air Force 2.0." Air Force 2.0 is defined by three concepts: knowledge management that discusses how the Air Force operates, continuous learning that covers how the Air Force develops people and precision learning that explains how the Air Force delivers learning.

One aspect of this strategy for future Airman learning includes development of a virtual learning environment interface known as "MyBase."

"MyBase provides a virtual, exploratory and interactive environment in support of continuous lifelong learning, from educating the general public to entry into the service and throughout our Airmen's careers and post-career years,"

said Maj. Gen. Erwin Lessel III, AETC director of plans, programs, requirements and assessments.

The white paper includes three attached vignettes that show how an Airman could experience the enhanced learning environment of MyBase from public, training and operational perspectives. In one scenario, a captain uses MyBase to complete Squadron Officer School courses while collaborating with sister service and civilian academic institutions and interacting with virtual characters, or avatars, who guide him through lectures and hands-on field experiences.

"Airmen must have systems in place that allow them to share their gained knowledge with others, to collaborate and to successfully operate and dominate in the world of air, space and cyberspace," General Looney said. "If the Air Force of 2030 is to be an agile, adaptive, learning organization, it must embrace change, accept risk, cope with reverses and learn to reinvent itself - constantly."

The complete white paper is available on the Web at www.aetc.af.mil/library/whitepaper.asp.

EXERCISE YOUR RIGHT TO VOTE

12th FTW voting officer outlines process for servicemembers, families

By Robert Goetz

Wingspread staff writer

As races for the White House and other elected offices heat up, it's time for Team Randolph and their families to make sure they'll have an opportunity to exercise their right to vote in November.

The process, governed by the Uniformed and Overseas Citizens Absentee Voting Act, is as easy as 1-2-3-4.

Maj. Brian Everitt, the 12th Flying Training Wing voting officer, said citizens must first submit a voter registration/absentee ballot request form, the Federal Post Card Application, to their local election official.

"They can go online to the Federal Voting Assistance Program Web site at www.fvap.gov and complete the form to print out and mail or they can come by the mental health clinic for the form, fill it out by hand and submit it by mail," said Major Everitt, who is also the Family Advocacy officer at Randolph.

Absentee ballot request forms must be mailed to the individual's state of residence. State addresses can be found at www.fvap.gov. A postage-paid envelope template can be printed from the Web site at www.fvap.gov/pubs/returnenvelope.pdf.

FVAP carries out the responsibilities of the Uniformed and Overseas Absentee Voting Act by informing and educating U.S. citizens worldwide of their right to vote, fostering voting participation and protecting and enhancing the electoral process. Its Web site features useful information for voters,

including a PDF version of the Voting Assistance Guide.

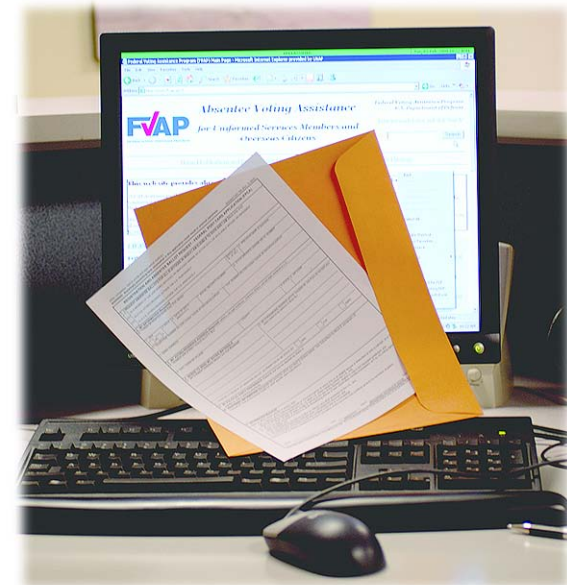
The Federal Post Card Application requests the applicant's personal information, voting residence address, current address and other information including an affirmation, which requires a witness' or notary's signature in some states.

Once the local election officer in the citizen's state of residence receives the ballot request, approves it and mails the ballot back, the citizen votes and returns the ballot to the official in time to meet state deadlines. If there is insufficient time to receive the ballot, vote and return the ballot on time, the citizen submits a federal write-in absentee ballot.

Major Everitt said servicemembers' legal voting residence can be the state or territory where they last lived prior to entering military service or the state or territory that they have since claimed as their legal residence. Military and family members may change their legal residence every time they change permanent duty stations or retain their legal residence without change.

The FPCA used only to request a ballot should be received by election officials at least 45 days before election day to allow ample time to process the request and mail the ballot.

Major Everitt encourages service and family members to submit the FPCA used to request a ballot each year, whether it's an election year or not – but no later than September – to ensure their local election official has their current address and to allow ample time to process the request and mail the ballot. They should also mail the absentee ballot no

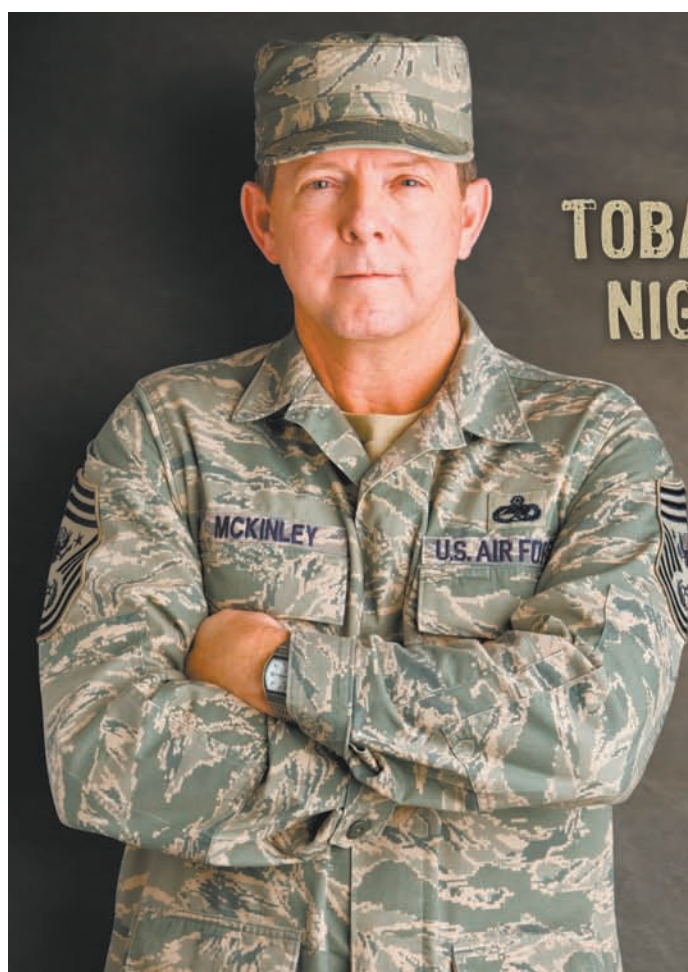


later than Oct. 15 for a November election. The FPCA used for voter registration and a ballot request should be submitted in January.

Major Everitt said one of his roles as wing voting officer is to develop a voting action plan for Randolph to ensure that servicemembers on base know about the process. One of the activities is planned for Armed Forces Voting Week, Aug. 31-Sept. 7.

"We'll do a campaign that week to get the word out," he said.

For more information on the voting process, call Major Everitt at 652-2448.



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Commander's Action Line

Call 652-5149 or
e-mail randolph.actionline@randolph.af.mil

While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better.

In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Col. Richard Clark

12th Flying Training Wing commander



ACTION LINE

Q Why are civilian contractors who are issued the Air Education and Training Command identification cards required to show a second form of ID to access the base? The wait to get on base is starting to be a real hassle. I am also concerned about the terrible condition of Perimeter Road. Is there a plan to have it repaired?

A Thank you for your concerns. First let me address the issue of identification and why we've

implemented new procedures.

Our Security Forces started using a handheld ID scanner at the gates to enhance our security capability. The scanner accesses multiple local and national databases to retrieve information. Because the AETC Form 58 and the AF Form 354 do not have a bar code or magnetic strip, we ask for another form of ID with that capability.

At this time, the Air Force does not have a plan to issue civilian contractors or dependants a different type

of ID. The security of the installation and its people are our primary concern. Our professional Department of the Air Force security guards move traffic along quickly and efficiently without jeopardizing the safety and security of all who live and work on base.

We understand and agree with your concerns. We've looked at a number of ways to make repairs to the perimeter road and right now it looks like it'll take about \$1.6M to repair the worst parts.

Any fix action will involve

repairing the foundation and not just overlaying the existing surface.

Unfortunately, this work must compete with other priorities on the base, such as leaking roofs, etc., as well as other priorities within the command, and current funding levels make it unlikely this work will be accomplished in the near future. However, we revalidate our priorities every year, and we will accomplish the needed repairs as soon as funding becomes available.

Students give heartfelt wishes to veterans

By David DeKunder
Wingspread staff writer

Because of the efforts of Randolph Elementary School children, several hundred hospitalized veterans will get a special surprise on Valentine's Day.

As part of its annual Valentines for Veterans project, Randolph Elementary School students are making 600 Valentine's Day cards for injured and sick veterans at Audie Murphy Memorial Veterans' Hospital in San Antonio.

Karen Bessette, Randolph Elementary School principal, said the children make the cards as a way of saying "thank you" to the veterans who have served our country.

"It is important for our children to learn about giving to and acknowledging the sacrifices of others," Ms. Bessette said.

Once the children finished making the cards, they were sent to the 12th Flying Training Wing Public Affairs Office. Col. Richard Clark, 12th FTW commander, Susan Gandy, 12th FTW Community Relations chief, and Team Randolph ambassadors, Airman 1st Class Vikas Kumar and Airman 1st

Class Jennifer Booth, will hand out the cards to the veterans when they visit the hospital on Feb. 14, Valentine's Day.

Recently, first-graders in Evie Cutcliff's homeroom class were hard at work cutting out shapes and designs for their Valentine cards, which contained words of encouragement and best wishes for the veterans.

Ms. Cutcliff said Valentine's Day is the perfect time for everyone to remember our veterans.

"Valentine's Day is a day for love, caring and sharing," she said. "We remind the children that they should spread that love, caring and sharing around because there are some veterans who do not get anything on Valentine's Day. The children are always excited to do something for the veterans. We always hear how the veterans treasure the cards and are happy to get them."

Ms. Cutcliff said the children in her class can relate to the experiences veterans go through because their parents are servicemembers or retired military.

The children in Ms. Cutcliff's class

had a variety of reasons as to why they sent Valentine's cards to the veterans.

Ethan Bell, 7, said he made a card so the veteran who gets it "can feel better, be happy and not sad" on Valentine's Day.

Sitting at the same table as Ethan was Claire LaMantia, 6, who wanted to let the veterans who read her card to know that they will not be forgotten on Valentine's Day.

"I am making a Valentine's card so that the veterans will not be lonely or sad," Claire said.

Bianca Velez, 6, said she wrote another message for the veterans on her card.

"I thanked them for saving us and our country," Bianca said.

While busy working on her card, Isabelle LaCross, 6, had one simple message she wanted to share with the veterans in her card.

"I want them to have a happy Valentine's Day," she said.

Ms. Bessette said she liked the variety, creativity and workmanship the children put into making the cards.

"I am very proud of them," she said.

ON THE COVER

Lily-Anne Edge, a first-grader at Randolph Elementary School, works on a Valentine's Day card as part of the school's Valentines for Vets project. The cards will be delivered to veterans at Audie Murphy Memorial Veterans Hospital Feb. 14. (Photo by David DeKunder)

WINGSPREAD

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Articles for the newspaper should be submitted by noon Thursday the week prior to the desired publication date. Items can be dropped off on a PC- or Macintosh-formatted disk at the Wingspread office in Hangar 6.

Articles may also be sent by e-mail to randolph.wingspread@randolph.af.mil or by fax at 652-3142. For more information about submissions, call 652-5760.

News BRIEFS

Air Force awards

Congratulations to the 19th Air Force for receiving the 2007 Air Force Outstanding Unit Award and to the Air Force Recruiting Service for receiving the 2007 Air Force Organizational Excellence Award.

Gate repairs

The west gate will be closed Sunday from 6 a.m. to noon so work crews can replace a track guide on the gate.

From Feb. 19-24 the inbound lane at the south gate will be closed for repairs. During the time work crews are working on the lane, only one lane will be open for inbound traffic and no outbound traffic will be allowed.

Use of BDU field jackets

Col. Richard Clark, 12th Flying Training Wing commander, reminds all Airmen assigned to Randolph who wish to wear a Battle Dress Uniform Gore-Tex or field jacket to wear them with a serviceable set of BDUs, not the Airman Battle Uniform.

Airmen are authorized limited wear of the BDU Gore-Tex or field jacket with the ABU, but only in "situations when operational and safety concerns dictate the necessity and no other acceptable uniform combination is available" as authorized by their commander.

Military comptrollers symposium

The Alamo City Chapter of American Society of Military Comptrollers hosts its 60th anniversary

Professional Development Symposium Feb. 19-20 from 8 a.m. to 4:30 p.m. at Education Service Center Region 20, 1314 Hines Ave., San Antonio.

For more information, contact an ASMC organization vice president, Capt. John Coats at 652-9028, Jane Keller at 573-6702, Ellen Hester at 536-3311 or Rory Chapman at 725-8805.

MOAA Valentine dinner, dance

The Military Officers Association of America-Alamo Chapter hosts a Valentine's dinner and dance Wednesday at 6 p.m. at the Randolph Officers' Club.

For reservations, call 228-9955.

National Prayer Breakfast

The National Prayer Breakfast takes place Feb. 27 at 7 a.m. at the enlisted club. Chad Hennings, an Air Force Academy graduate who was a member of the Dallas Cowboys, will speak.

For more information, call 652-6121.

2008 Force Shaping canceled

Air Force lieutenants in the 2005 year group, a total of 764 eligible, will not face a fiscal 2008 force shaping board.

Air Force Personnel Center officials have processed 58 voluntary separation packages for force shaping-board-eligible officers. Those separations, combined with other force reduction programs, are expected to meet the Air Force's projected end-strength goal.

All previous restrictions for board-eligible officers regarding deployment and temporary duty assignments are lifted.

Lieutenants who submitted a separation application but have not received an approved date of separation may withdraw their request for separation.

For more information, contact Air Force Contact Center officials at (800) 616-3775.

Scholarships for Military Children

Applications for the 2008 Scholarships for Military Children Program must be turned in to a commissary by close of business Feb. 20. They are available in commissaries worldwide or online through a link at www.commissaries.com.

Astronaut nomination program

Applications for the 2008 Air Force Astronaut Nomination Program must be postmarked by Feb. 25. Air Force members qualified to apply for positions as a NASA mission specialist astronaut or NASA astronaut pilot must submit an application to the Air Force Nomination Board and initiate an application with NASA using the USA Jobs Web site.

Resumes can be prepared from www.usa.jobs.opm.gov or www.nasa.jobs.nasa.gov. Details can be found at the Air Force Personnel Center Web site, <http://ask.afpc.randolph.af.mil>.

Crews Into Shape

Feb. 28 is the deadline to sign up for the

eight annual Crews Into Shape challenge, which is planned for March 3-28. The goal of the event is to encourage workplace-focused, team-oriented physical activity and improved nutrition.

To register, go to www.nehc.med.navy.mil and follow the index link to Crews Into Shape.

Volunteers needed for Brooks study

The Air Force Research Laboratory at Brooks City-Base is looking for moderately fit men and women ages 18-39 to participate in a research study titled "The Effect of Whey Protein and Leucine Supplementation on Physical and Cognitive Performance." Subjects will be reimbursed for their time.

For details, call 536-6865 or 536-4777.

Wilford Hall

The neurology and podiatry clinics at Wilford Hall Medical Center, Lackland Air Force Base, are relocating.

Beginning next week, the neurology clinic will be on the sixth floor.

The podiatry clinic has moved to the basement. Patients now check in at room BA92.

Call 292-4122 for more information.

ROWWC

The Retired Officers' Wives and Widows' Club of San Antonio meets Feb. 26 at 11 a.m. at the Sam Houston Club. A Schulz Nursery representative will speak on container gardening.

Call Arline at 822-6374 for reservations.



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FEATURE

Food and Beverage Division seeks transformation to 'enhance quality of life'

By Robert Goetz
Wingspread staff writer

One of Air Force Services' vital missions – providing mission-sustaining and customer-driven food and beverage programs to enhance quality of life for Air Force communities – is undergoing a transformation from its base of operations in San Antonio.

The new Food and Beverage Division of Air Force Services Agency's Directorate of Operations represents the merger of appropriated fund and non-appropriated fund food and beverage operations. Its charter is to "develop a framework to combine APF and NAF operations into an integrated food-delivery system." The division's functions were formerly divided between the Directorate of Operations and the Directorate of Programs.

"As of Jan 1, we merged the APF and NAF functions under one division," said Fred McKenney, chief of the Air Force Food and Beverage Division.

"The APF function supports feeding Airmen in enlisted dining facilities, flight kitchens and missile sites in addition to feeding troops in deployed locations," said George Miller, chief of the Food Operations Branch. "It involves recipe preparation and menu development for troops in the field and making

sure meals meet the Department of Defense nutritional value."

"NAF food and beverage operations support the base community, including military members and their dependents, retirees and civilians," said Mr. McKenney.

At Randolph, the officers' and enlisted clubs are examples of NAF operations. He said that Randolph's clubs are both excellent programs.

"The successful club operations at Randolph reflect a strong commitment at every level, including senior base and Services leadership, and club personnel. Everybody has an impact on the final product," Mr. McKenney said. "It's a team effort."

The Food and Beverage Division, located at 10100 Reunion Plaza, is focused on providing support to all Services food activities while exploring opportunities for an integrated food-delivery system to include:

- Merging Services base-level food and beverage operations – Airmen dining facilities, clubs, snack bars and others – into a single food-service system.
- Standardizing menus and products in Services food operations.
- Researching methods to feed Essential

See FOOD P7



SERVICE YOU CAN TRUST

Auto skills center warns customers to beware of auto shop scams

By David DeKunder
Wingspread staff writer

If it's diagnosing a mechanical problem under the hood or getting an oil change, the Randolph Auto Skills Center is the place base members trust to get expert advice and service for their automobile.

The auto skills center, located at the corner of the south and west flight lines across from the crafts center, is open Tuesday-Thursday, 1-8:30 p.m., and Friday-Sunday, 9 a.m. to 5:30 p.m. The center is closed Mondays.

Mando Hinojosa, auto skills center mechanic, said before base members go to a shop off base they should stop by the auto skills center.

"We will tell you what is wrong with your car," Mr. Hinojosa said. "Half the shops out there are trying to sell you something you don't need. If car owners feel they have gotten an estimate that is fishy, they can come by the auto skills center for an honest opinion. We will not try to sell them stuff they do not need."

Car owners who

have a problem with their automobile should pinpoint the type of trouble they are having, Mr. Hinojosa said.

"Give the mechanics the symptoms and let them diagnose the problem," he said.

According to the Web site repairtrust.com, the National Highway Traffic Safety Administration estimates that auto service customers are scammed tens of billions of dollars every year. The NHTSA says that excess repair charges go unnoticed by customers, which equals millions of dollars per year.

When it comes to making repairs, Mr. Hinojosa said the auto skills center goes by the Mitchell's Labor Estimator guidelines, which has information on how many hours a certain repair job should take and the estimated labor costs for it.

If a car owner needs a new part for their car, Mr. Hinojosa said they should check to make sure they are getting the best part for the right price.

"The best thing people can

do is to shop around, call several auto parts stores and compare," he said. "If you buy an auto part, make sure you get one with a lifetime warranty or limited warranty if you plan to sell your car in the future."

If a base member needs an auto part, Mr. Hinojosa said the auto skills center can order the parts for them. For each order, Department of Defense ID cardholders can get a 10 percent discount.

The best way car owners can avoid major repairs is to check their automobile on a regular basis, Mr. Hinojosa said.

"People should check their fluids – oil, water, power steering, engine and transmission – once a week, and make sure the fluids are topped off," he said. "They should check the air pressure on the tires once a week to avoid premature wear. You save gas mileage by having the proper tire pressure. Have your oil changed regularly, every 3,000 miles. Since it is so dry here in South Texas and it gets dusty, have your air filter replaced every 10,000 miles."

If base members have questions about an auto problem or need advice, they can contact the auto skills center at 652-2952.



COMMUNITY

HAWC offers classes, helps Team Randolph members achieve heart health

By Robert Goetz

Wingspread staff writer

January has come and gone, and with it many of those New Year's resolutions.

But this month is an especially good time to revisit a resolution that's truly a matter of life and death.

It's American Heart Month, and health officials urge everyone to resolve to adopt or maintain a healthy lifestyle – one that includes proper nutrition and a regular exercise program – to help prevent heart disease, which is the number one killer of men and women in the United States every year.

The American Heart Association calls the three building blocks of a healthy lifestyle the “ABCs of Preventing Heart Disease, Stroke and Heart Attack.” They are to “Avoid Tobacco,” “Be More Active” and “Choose Good Nutrition.”

Team Randolph members can find plenty of help in their quest for a healthy lifestyle at the Health and Wellness Center. Activities every month at the HAWC focus on ways to keep hearts healthy, including the appropriately named Healthy Heart class, which meets each Monday from 11 a.m. to noon.

The B and C of preventing heart disease, stroke and heart attack figure prominently in the second and third sessions of the four-part class, which is a holistic approach to heart disease prevention.

“A proper diet and exercise will give you overall good health,” said Lori Tibbetts, health education program manager at Randolph's Health and Wellness Center. “But you need to exercise 30 minutes at least three times a week. That's the bare minimum.”

Jennifer Sides, the center's registered dietitian, said a heart-healthy diet starts with limiting the amount of fat that is consumed.

“You want to keep total fat to less than 30 percent of your total calories, and saturated fat should be less than 10 percent,” she said. “You should limit daily consumption of cholesterol to less than 300 milligrams, depending on caloric intake.”

Examples of saturated fat are animal fats such as suet, lard and butter; hydrogenated oils such as margarine and shortening; and some vegetable oils, including coconut, palm and cocoa. Hydrogenated oils contain unstable fatty acids known as trans-fats that are more harmful than animal fats.

Cholesterol is a fat made by the liver that is used by the body to help make hormones and build healthy cell membranes. It travels in the blood wrapped in lipoproteins, substances that contain protein and fat. Low-density lipoprotein is “bad” cholesterol that can stick to the walls of arteries; high-density lipoprotein is “good” cholesterol that is used as needed and may also remove LDL cholesterol from artery walls. LDL cholesterol that builds up on artery walls can damage arteries and decrease blood flow to organs such as the heart and brain.

The nutrition session of the Healthy Heart class includes ample information about healthy food choices.

“You should eat lots of fruits, vegetables and whole grains as well as lean meats and the healthier oils, such as olive and canola,” said Ms. Sides. “You should also eat fish two times a week.”

She said more valuable information can be found on Web sites such as www.mypyramid.gov and www.americanheart.org.

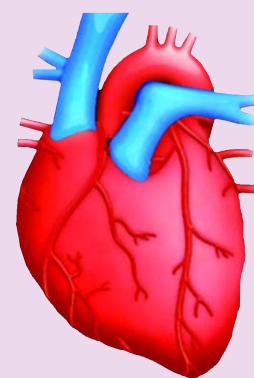
Exercise plays a key role in the fight against heart disease. Kim Houk, exercise physiologist at the HAWC, shows Healthy Heart class participants how to set up an exercise program that combines cardiovascular and strength training. She said that making exercise part of a lifestyle starts by developing it as a habit.

Ms. Houk said exercise is so important because it can lower blood pressure and bad cholesterol levels and increase good cholesterol levels while strengthening the heart.

The first session of the Healthy Heart class is devoted to a discussion of what high cholesterol and blood-pressure levels can do to the body and what medications are used to treat these conditions; the final session, which is taught by Ms. Tibbetts, focuses on stress management and setting personal goals based on knowledge gained in the class.

“I ask them to come up with some general goals they would like to achieve,” she said. “They take everything they've learned and set their goals realistically.”

Among the other classes the HAWC offers that address heart health are Weigh to Win, which is similar to the Healthy Heart class but focuses more on healthy weight management, and tobacco cessation, which helps participants break the addictive habit that has devastating effects on the heart.



Dietary guidelines for ages 2 and older

- Limit saturated fat, trans-fat, cholesterol and sodium in the diet.
- Minimize the intake of food and beverages with added sugars.
- Eat a diet rich in vegetables, fruits and whole-grain foods.
- Select fat-free and low-fat dairy.
- Eat fish at least twice per week.
- Emphasize physical activity and weight control.
- Avoid use of and exposure to tobacco products.
- Achieve and maintain healthy cholesterol, blood-pressure and blood-glucose levels.

(Courtesy of American Heart Association)

“Nicotine is a powerful drug,” Ms. Tibbetts said. “The use of tobacco will increase cholesterol and blood-pressure levels.”

She said it's important for people to stay positive, to be specific and to be realistic as they strive for a heart-healthy lifestyle.

“I like to see people track their progress, to write it down,” she said. “You should take small steps toward your goal. Otherwise, you will be overwhelmed.”

Ms. Tibbetts emphasized that good health habits “have to be part of your day.”

“You have to do it for your entire life,” she said. “It's not just a diet or exercise program; it's a lifestyle change. It has to be part of your life for it to work.”

FOOD from P6

Station Messing Airmen and base populace in hybrid APF/NAF food operations.

• Fostering an operating environment to ensure Airmen maintain feeding operations skills for wartime contingency operations.

In an effort to meet customers'

needs, internal and external branded operations are offered corporately. Air Force Services “Signature Brand” restaurants – Wrights Bros. Café, Rickenbacker's, New York Pizza & Deli and J.R. Rockers Sports Café – operate at 16 bases while nine bases offer name-brand fast-food operations – Taco Bell, Subway and Pizza Hut. Chili's restaurants

are operated at four bases, and Starbucks “We Proudly Brew” operations are being opened worldwide.

“It's an opportunity to bring popular dining choices to the troops,” Mr. McKenney said. “Our customers are a reflection of society and are looking for the same dining opportunities.”

Maj. Tim Telega of the Food Transformation Team said one of

the challenges is keeping up with customers' changing lifestyles.

“We're working hard to stay on the cutting edge,” he said.

“Simply stated, our purpose is to find the best way to deliver food and beverage to our customers without sacrificing quality and doing it in the most economical way,” Mr. McKenney said.

Guadalcanal

By Capt. Tony Wickman
71st Flying Training Wing
Public Affairs

ACROSS

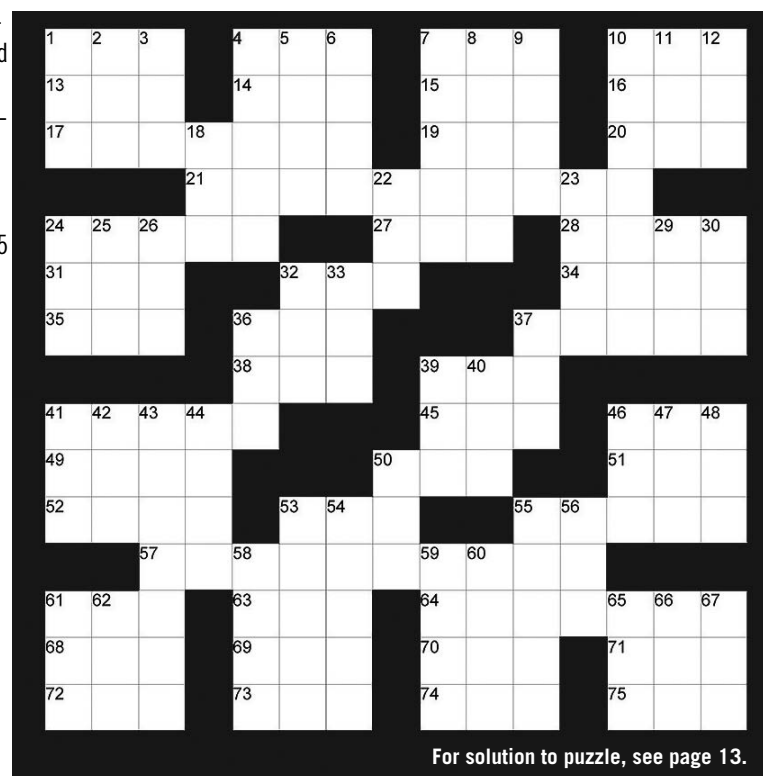
1. Epoch
4. Picnic pest
7. Prohibit
10. Mock
13. ____ Abner
14. Homer's bartender
15. Oklahoma town
16. Decorative vase
17. South Pacific islands home to Battle of Guadalcanal
19. Wear
20. Earth
21. MoH recipient for duty at Guadalcanal; 1st Marine division commander
24. Korean or Thai
27. Golf prop
28. Region
31. USAF 4-star
32. Alias letters
34. Column
35. Giant great
36. Even

37. Royal domain; kingdom
38. USAF E-2
39. Actress West
41. U.S. opponent at Guadalcanal
45. Ancient
46. Fed. agency enforcing rules to protect the environment
49. Mistakes
50. Cleo killer
51. Damage
52. Horse gait
53. Curtis LeMay's HQs
55. Place where justice is administered
57. Operation ____; name for Guadalcanal offensive by Allies
61. End of USAF Websites
63. Command to a horse to turn to the right
64. Grumman F4F; used in defense of Guadalcanal
68. Pilot with 5+ kills
69. ____ jiffy; quickly
70. Before
71. Pub order
72. Each
73. ____ up, impatient; disgusted; bored
74. Young woman making her

entry into society
75. Box or enclosed place for storing grain, coal, or the like

DOWN

1. South African golfer Ernie
2. ____ Grande
3. Everything
4. Jordan capital
5. High time?
6. Care for
7. Shield for a cop
8. Worship
9. Indian princess
10. European country
11. In favor of
12. Terminate
18. Female reproductive cells
22. Seventh letter of Greek alphabet
23. Fortune; lot
24. In the past
25. Place in a particular position or posture
26. Football stat
29. Snake-like fish
30. Appendage
32. Point at
33. Barbie's pal
36. The "Joy Luck Club" writer Amy
37. Color of circle on Zero used at Guadalcanal
39. USA equivalent to AFSC
40. European mount
41. F-22 or F-35
42. Airport abbrev.
43. EA-6B
44. Hollywood dog
46. Flightless bird
47. Score for 1 DOWN
48. Illustrative or decorative material
50. Perform
53. Locale
54. In or to the front; in advance of; before
55. Brad Pitt, perhaps
56. World's 2nd busiest airport in 2007 (airport code)
58. Saying for the weekend
59. Due
60. Slender piece of relatively rigid or flexible metal
61. Chart
62. Frozen water
65. Taxi
66. The Greatest
67. X, to Cicero



For solution to puzzle, see page 13.

Community BRIEFS

RANDOLPH CHAPEL – 652-6121

• Chapel schedule

For a complete chapel schedule, including Protestant, Catholic and other religious services, visit www.randolph.af.mil and click the "chapel" link on the right side.

A&FRC – 652-5321

• A&FRC closures

The Airman and Family Readiness Center will be closed Feb. 18 for Presidents Day and Feb. 21 from 1-4:30 p.m. for training.

• Waiting Families Night Out

The Airman and Family Readiness Flight hosts an evening meal and activity for families separated from their loved ones due to deployment or remote tour Monday from 5:30-7 p.m. at Mr. Gatti's, 2921 Pat Booker Rd.

To sign up, call 652-5321.

• Mandatory financial briefing

The mandatory personal financial management program seminar for first-duty-station officers takes place Feb. 20 from 8-10 a.m. at the A&FRC.

Call 652-5321 for more information.

• Driving safety

The South Texas Safety Council presents a driving safety course Saturday from 8:30 a.m. to 3:30 p.m. at the A&FRC. Participants may qualify for a discount on auto insurance or

have a ticket dismissed for attending the class.

To register, call 824-8180.

• Financial class

The A&FRF Financial Readiness Program presents "Investigate Before You Invest" Feb. 27 from 11:30 a.m. to 12:30 p.m. at the A&FRC.

To sign up, call 652-5321.

MISCELLANEOUS

• Community cleanup

The American Society of Military Comptrollers sponsors a community cleanup project Saturday from 9 a.m. to noon at the Sunshine Plaza Apartments, 455 E. Sunshine Drive, San Antonio. The project involves light cleaning for senior residents. Students can earn a certificate for up to three hours of community service.

Call Master Sgt. Frank Remington at 977-2522 to volunteer.

• Thrift shop closure

The Randolph Thrift Shop will be closed Feb. 18 for Presidents Day. The shop will open for normal business hours Feb. 20.

• Chess tournament

A base championship chess tournament takes place March 1 at 9 a.m. at the enlisted club. The tournament is open to all active duty, dependents, Department of Defense civilians, con-

tractors and retirees in five categories – youth 6-8, youth 9-12, youth 13-15, youth 16-18 and 19 and older. Active-duty participants have the opportunity to compete at the Air Force level.

To sign up or for more information, call Sharon Rector at 652-6508; deadline to register is Feb. 29 at noon.

EDUCATION CENTER – 652-5964

• Scholastic Aptitude Test

The Scholastic Aptitude Test will be administered at the education center to active-duty personnel Monday.

Personnel are encouraged to talk to a counselor at the center to see if they should take the test.

• OTS Selection Board

Officer Training School Selection Board, non-rated only, will begin March 3. The estimated release date of March 7 has been changed to April 11. Applicants have until Wednesday to submit any corrections to their packages.

• Air Force Academy

An admissions adviser for the U.S. Air Force Academy will meet with interested Airmen in the education center Monday at 2 p.m. She will discuss the LEAD program as well as the academy's admissions process.

Call the education center for more information.

• CCAF

The cutoff date for the April graduation ceremony from the Community College of the Air Force is Feb. 29. Interested Airmen must turn in all documentation by this date.

• Park University

Scholarships for the value of full tuition up to 15 academic hours are available this spring at the Randolph Campus Center. Nonmilitary dependents of active-duty personnel assigned, attached or residing in the vicinity of the campus center are eligible.

For details, e-mail rand@park.edu.

• St. Mary's University

St. Mary's University's Randolph office will be closed Feb. 18-22. The office will reopen Feb. 25 at 8 a.m.

Call 436-3101 for assistance.

• Wayland Baptist University

Wayland Baptist University will begin spring registration Monday for new students. The spring term will run from Feb. 25-May 17.

• ERAU

Today is the deadline to register for the undergraduate distance learning term, which begins Feb. 15.

Feb. 22 is the deadline to register for the next graduate distance learning term, which begins March 7.

For more details, call 659-0801.

• ACCD

Registration for the Alamo Community College District Spring 2008 Flex II session continues through March 7. A new course, computer literacy, begins this term.

For details, call 659-1096.

• LEAD program

Airmen with less than six years of service who wish to apply for appointment to the Air Force Academy through the Leaders Encouraging Airmen Development program must complete the Academy Pre-Candidate Questionnaire at www.academyadmission.com to request a candidate kit, then fill out AF Form 1786, endorsed by their squadron commander. The form must be received at the academy no later than Thursday.

Call 652-5964 for more information.

• Update information

The education office requests that all new personnel update their personal information at the center.

Visit the office at 301 B Street West, Building 208, or call 652-5964.

• Commissioning deadlines

The completed application for the Airmen Education and Commissioning Program should be postmarked no later than Feb. 15.

Call Patricia Siulte at 652-5964 for more information.

Randolph AFB
SERVICES
 Combat Support & Community Service

www.servicesatrandolph.com

12th Services Briefs

MISCELLANEOUS

• Base chess tournament

There will be a base championship chess tournament on March 1 at 9 a.m. at the enlisted club. The tournament is open to all DoD cardholders and there will be five categories.

USAF active duty participants have the opportunity to compete at Air Force level, Inter-Service Chess Tournament and at the NATO Chess tournament. Any active duty wishing to compete in the Air Force and higher-level tournament must be a U.S. Chess Federation (USCF) member.

Deadline to sign up for this tournament is Noon on Feb. 29. To sign up or for more information please call Sharon Rector at 652-6508.

BOWLING CENTER - 652-6271

• Thunder Alley bowling

Check out the Thunder Alley Music and Light show on February 9, 16 and 23 from 8 p.m. to midnight. They have super music from SIRIUS satellite radio.

ENLISTED CLUB - 652-3056

• Sweetheart's lunch

Bring your "better half or sweeter half" to the Club on Thursday from 11 a.m. to 1 p.m. If you purchase one lunch, you will get half off the other if you're a club member. Take advantage of this special in either the dining room or Gil's Pub.

Nonmembers may sign up for membership and take advantage of the same special

• 2-4-1 steak

If you couldn't out to dinner on Feb. 14 come to the club on Feb. 15 from 5:30-7:30 p.m. and spoil your "date" with a complimentary glass of wine, a red carnation, a

12 oz. NY Strip Steak with all the fixings. This meal is only \$24.95 for members or \$26.95 for nonmembers.

Call for reservations for tables of 4 or more and no coupons will be accepted with this special offer.

• Best boots and best hat contests

On February 22 at 8 p.m. the judges will pick one winner from each category. Each winner receives complimentary lunch for four to the BBQ buffet on Wednesdays.

• Frequent lunch program

The enlisted club offers super lunch deals from all-you-can-eat buffets to special priced sandwiches. Additionally, Gil's Pub menu has been completely revamped and now includes new items such as a Chicken Santa Fe sandwich and Souvlaki Pita.

Pick up a lunch punch card and get a free lunch for every six lunches you purchase.

FITNESS CENTER - 652-2955

• Basketball court closed

The Rambler Fitness Center basketball court will be closed Feb. 15-18 for refinishing of the floor.

• Indoor triathlon

Visit the fitness center between Feb. 11-18 during normal operating hours to accomplish an indoor triathlon. Each participant must complete pre-determined distances in running, biking and rowing on specific pieces of equipment in order to get their t-shirt.

• Circuit training

The fitness center conducts circuit training every Wednesday from 7-8 a.m. in court 1. Circuit training provides both a cardio and strength training workout.

GOLF COURSE - 652-4570

• Name the snack bar

The golf course is conducting a "Name the Snack Bar"

contest now through February 29. Be creative; just fill out the form at the pro shop customer service counter with your suggested name. The person with the winning name receives \$100 in food and beverage coupons.

LIBRARY - 652-8901

• Children's story hour

During February there will be special guest readers in celebration of African-American History month. Story hour is every Wednesday at 10 a.m.

OFFICERS' CLUB - 652-4864

• Lunch program

Treat yourself to a hot, freshly prepared daily lunch buffet, scrumptious salad bar, drinks and assorted desserts for \$6.45 (members) or \$8.45 for nonmembers. All DoD ID cardholders and their guests are invited to dine at the club.

• Dinner special

Buy one dinner entrée and get the second entrée (of equal or lesser value) for half price.

WOOD SKILLS CENTER - 652-5142

• Parent/Child woodworking class

On February 16 from 10 a.m. to noon you and your child can have a lot of fun building a tug-a-lug tug boat. Deadline for signup is Feb. 11.

YOUTH CENTER - 652-3298

• Spring break camp registration

Registration takes place through March 2 for the Spring Break Camp, which is March 17-21 for kindergarten-6th grade. Fees are based on total family income. Space is limited so sign up early.

MOVIES

Randolph Movie Theater - 652-3278

Adults - \$4.00

Children (11 yrs. and under) \$2.00



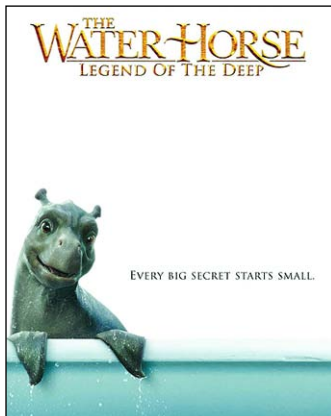
"One Missed Call"

Shannyn Sossamo

Edward Burn

Friday, 7 p.m.

Rated R, 87 min.



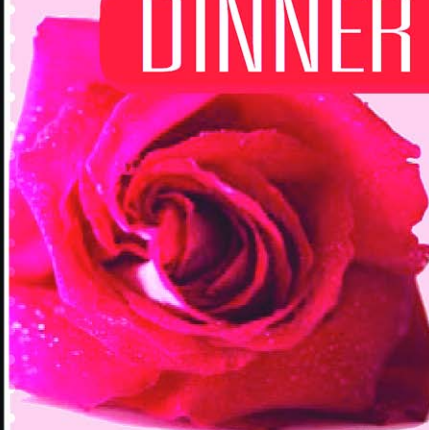
"The Water Horse: Legend of the Deep"

Emily Watson, Ben Chaplin

Saturday, 6 p.m.; Sunday, 3 p.m.

Rated PG, 99 min.

Valentine's Day DINNER AND DANCE



FEBRUARY 14

AT THE

OFFICERS' CLUB

Cocktails start at 5:30 p.m. with a buffet from 6 to 8 p.m. and musical entertainment by the Texas Chili Peppers from 6:30 to 10:30 p.m.

The cost is only \$68 per member couple or \$75 per nonmember couple. Reservations are required.

Please call 658-7445 or 652-4864 to reserve your space. This event is open to all DoD cardholders.



12th FTW 2007 Annual Awards



Senior Airman Kenneth Warren, an intelligence analyst for the 12th Operations Support Squadron, is the Junior Enlisted Member of the Year for the 12th Flying Training Wing.

He was a volunteer deployer for the first U.S. Air Force Weapons Intelligence Team at which time he saved lives by identifying bombmakers and briefed WIT capabilities and tactical trends within the area of

responsibility. He collected and exploited key improvised explosive device evidence ensuring the prosecution and incarceration of the detainee. His hard work was vital to nine WIT successes responding to 800 IEDs and 20 route clearing missions.

In his off-duty time, Airman Warren devoted 25 hours to mentoring an "at risk" elementary student.



Senior Airman
Kenneth Warren



Capt. Deric Prescott

Capt. Deric Prescott, Assistant Staff Judge Advocate for the 12th Flying Training Wing Judge Advocate, is the Company Grade Officer of the Year for the 12 FTW.

Captain Prescott established a Legal Assistance Workplace while deployed to Southwest Asia, which helped more than 130 clients, prepared 215 documents and

saved one Airman \$5,800 on a phone bill. He volunteered to travel within the area of responsibility to provide legal assistance to remotely located Airmen. He also volunteered 22 hours of off-duty time to ride with the Expeditionary Security Forces Squadron members, allowing junior enlisted members time off during the holidays.

Tech. Sgt. Larry James, a contracting officer for the 12th Contracting Squadron, is the NCO of the Year for the 12th Flying Training Wing.

Sergeant James quarterbacked a \$3 million air movement contract while deployed to Iraq, resulting in 3,000 more police, freeing up backlogged U.S. Army patrols. He led a 30-man team which crafted a strategy to construct

two Iraqi bases from the ground up. The plan went from concept to contract in 10 days.

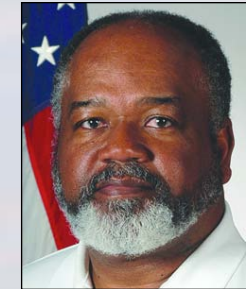
In his spare time, Sergeant James earned 15 hours toward a Master of Acquisition Management degree, while in dual pursuit of a second Bachelor of Science degree. He also spent time mentoring youth at a local dialysis clinic.



Tech. Sgt.
Larry James

"The men and women of the 12th Flying Training Wing are simply amazing Day in and day out they're making things happen and they're doing it with class Our annual award winners represent how much we can achieve when we sustain a world-class level of performance in all our endeavors throughout the year I'm proud of each of them and congratulate them for their achievements. I'm also confident that these warriors will go on and conquer the Team Randolph competition next!"

Colonel Richard M. Clark
12th Flying Training Wing commander



Joseph Mitchner

Joseph Mitchner, a transportation assistant for the 12th Mission Support Group, is the Junior Civilian of the Year for the 12th Flying Training Wing.

Mr. Mitchner was lauded for expertly processing 32 civic leaders through MilAir, strengthening civil ties. He aggressively managed the Air Expeditionary Force airlift, ticketing 335 deploying members, ensuring 100 percent on-time arrival in the area of respon-

sibility. He maximized use of the City-Pair Fares Program by recouping unused tickets, saving the Air Force \$189,000.

In his spare time, Mr. Mitchner taught Evangelism 101 for youth ministry and an adult Sunday Bible study class. He also volunteered more than 40 hours to collect food donations for a local community outreach program.

Master Sgt. Christopher Lantagne, NCOIC of the TRICARE Operations and Patient Administrative Flight for the 12th Medical Group, is the Senior NCO of the Year for the 12th Flying Training Wing.

Sergeant Lantagne was vital to the MDG's "excellent" rating during a Health Services Inspection by guiding 12 FTW medical records, garnering the

best result in 10 years. He authored a local medical travel reimbursement policy, which was adopted by the Air Education and Training Command Surgeon General and disseminated to 12 AETC facilities.

In his spare time, Sergeant Lantagne acted as the 12 FTW Top 3 President and was lauded for increasing participation and charitable output by 50 percent.



Master Sgt.
Christopher Lantagne

Master Sgt. Monica Nicolson, First Sergeant for the 12th Security Forces Squadron, is the First Sergeant of the Year for the 12th Flying Training Wing.

Sergeant Nicolson partnered with the Military Personnel Flight to coordinate Weighted Airman Promotion Testing for 25 members around an In-Lieu-Of tasking, ensuring

all tested within cycle. She led the Randolph service coat wear test, recruiting 100 members, laying ground work for critical feedback to the design team and the Chief Master Sergeant of the Air Force.

In her spare time, Sergeant Nicolson completed 21 hours toward her degree in psychology, maintaining a 4.0 grade point average. She also acted as the 12 FTW Top 3 Vice-President.



Master Sgt.
Monica Nicolson



Shelta Reese

Shelta Reese, marketing director for the 12th Mission Support Group Services, is the Senior Civilian of the Year for the 12th Flying Training Wing.

Ms. Reese is lauded for leading the best marketing team in the Air Education and Training Command two years in a row and was a key contributor to the division winning the Air Force LeMay Award. She helped with the coordination of the first-ever Military

Appreciation Night in conjunction with the 2007 Air Show by lining up a live-band performance and a fireworks display.

Ms. Reese completed 966 marketing and publicity work orders for 23 activities with a 100 percent deadline success rate. She also conducted 27 customer surveys, analyzed the data and provided action plans for management.

care. Ms. Forbus also accelerated urgent ambulance transport of six critically ill infants, ensuring timely arrival at definitive care.

She audited 820 school physical records, guaranteeing health documentation was within state guidelines at 99 percent accuracy.

Ms. Forbus volunteered weekend hours to man the first aid booth at the 2007 Air Show, affirming safety for 200,000 spectators.

Britt Forbus, a registered nurse for the 12th Medical Group, is the Intermediate Civilian of the Year for the 12th Flying Training Wing.

Ms. Forbus was pivotal in the success of the Fast Track Clinic, mastering patient interviewing and teaching to increase access to care by 15 percent. She assessed infant twins with an abnormal blood count and, after consulting with the doctor, expedited specialty



Britt Forbus

"American Airmen...60 Years of Excellence"

SPORTS and FITNESS

Ro-Hawks boys team headed to playoffs; Lady Ro-Hawks end season with victory

By David DeKunder
Wingspread staff writer

The Randolph High School Ro-Hawks boys basketball team assured themselves a trip to the playoffs with a 53-35 win over the Stockdale Brahmas Feb. 5 at RHS gym.

With two District 29-2A games remaining, the Ro-Hawks have at least locked up the third and final playoff spot. The top three teams advance to the Class 2A playoffs, which begin Feb. 20.

Randolph, 15-11 overall, 9-3 in district, has a chance of moving up in the standings when they visit the Navarro Panthers tonight at 8 p.m. in Geronimo. Navarro is 10-2 in district and a win by the Ro-Hawks would put both teams in a second-place tie.

The Poth Pirates have the top spot in district at 11-1 after narrowly beating Karnes City, 67-63, Feb. 5.

Mark Hopkins led the Ro-Hawks against Stockdale with 21 points, followed by Kyle McNally with 13, Stephen Pompa nine, D'Mario Noble five, Julius Rivera three and Matt Atwell two.

The Ro-Hawks led 29-21 at halftime and pulled away from the Brahmas by outscoring them 24-14 in the second half.

Randolph won three games in a row, including an 80-79 overtime win over the Nixon-Smilely Mustangs Feb. 1 on the road. The Ro-Hawks overcame an early 20-7 deficit to close within 33-29 at halftime. Despite playing without three of their starters, the Ro-Hawks tied the game at 63 at the end of regulation. The Ro-Hawks outscored the Mustangs 17-16 in the extra period with freshman Reese Washington sealing the win with two free throws with 19 seconds remaining.

Randolph coach Tim Gendron said foul trouble hurt Nixon-Smilely down the stretch and that the Ro-Hawks were able to take advantage of it.

"Nixon-Smilely played with only four players in overtime as the rest of their players fouled out," Gendron said. "Nixon-Smilely sent us to the line 40 times, where we were 32 of 40 in our free throws."

Leading the Ro-Hawks was McNally with 35 points, which included an 18-of-21 showing at the free-throw line. Rivera added 13 points and Justin Nadeau had 12, including two critical

three-pointers. Noble contributed a double-double with 11 points and 15 rebounds.

Randolph closes out the regular season Tuesday at home against the Yorktown Wildcats. Tip-off is at 7:30 p.m. at RHS gym.

• *Randolph girls*

The Randolph High School Lady Ro-Hawks basketball team ended their season with a 57-50 victory over the Stockdale Lady Brahmas Feb. 5 at RHS gym.

Shaunea St. Louis pumped in 34 points and Kenjra Sturgis and Kelly Wright seven each as the Lady Ro-Hawks finished the season at 15-14 overall, 5-9 in District 29-2A.

Randolph was down 23-21 at halftime before turning the game around in the second half by outscoring the Lady Brahmas 36-27.

On Feb. 1 the Lady Ro-Hawks went on the road and lost to the Nixon-Smilely Lady Mustangs, 62-43. Jessica Cornish led Randolph with 15 points followed by St. Louis' 12.

Rounding up the Lady Ro-Hawks' scoring was Sturgis with five points, Tamoya Morrison four and Alyssa Chenaille and Ria Rivers with three each.

LET THE GAMES BEGIN!

2007-2008 Flag Football Championship Schedule

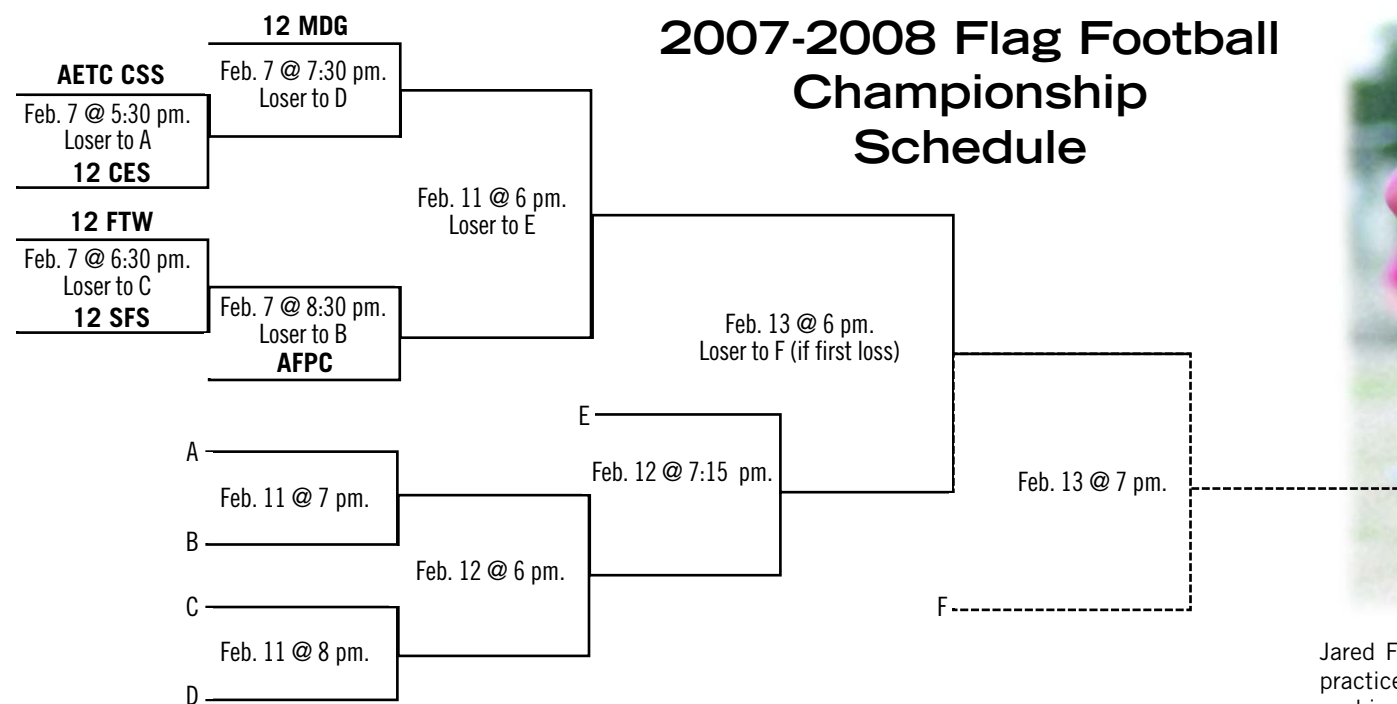


Photo by Steve White

Jared Frosch from the Randolph Fire Department practices for the upcoming flag football championships.

Sports BRIEFS

Basketball court closed

The Rambler Fitness Center basketball court will be closed Feb. 15-18 for refinishing of the floor.

Presidents' Day golf tournament

The golf course is hosting a Presidents' Day Tournament on Feb. 18. The tee times are from 7-9 a.m. and there is a \$10 entry fee. Sign up now.

Valentine's Day Run

Start your Valentine's Day celebration with a 5K run/walk Feb. 14 at 11 a.m. at Eberle Park.

This is a great way to work off all those Valentines chocolates. The first 60 participants will receive a T-shirt.

Special twilight pricing

Regular twilight pricing begins at 1 p.m.

daily and the cost for a round of golf with cart is \$14 per person.

Super twilight pricing begins at 3:30 p.m. daily and the cost for a round of golf with cart is \$10 per person.

Fitness center tennis courts

Tennis courts 1 and 2, which are located behind the fitness center, are closed due to repair work that is being done.

Tee times

Golfers should sign up for weekday tee times at the Randolph Oaks Golf Course at least two days in advance.

Drawings are held every Thursday for weekend tee times. Groups must have at least two active duty members to qualify for a priority tee time.

To sign up for weekend tee times, e-mail to tee.time@randolph.af.mil.

February

Group Exercise Class Schedule at the Rambler Fitness Center



For more information on any of the
exercise classes, call the Rambler
Fitness Center at 652-2955.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				8	9
				6 a.m. - Cycling	8 a.m. - Kick Boxing
				9 a.m. - Step	9 a.m. - Pilates
				11 a.m. - Step	10 a.m. - Zumba
				5:30 p.m. - Yoga	
				6:30 p.m. - Kick Boxing	
11	12	13	14	15	16
6 a.m. - Cycling	6 a.m. - Step	6 a.m. - Cycling	9 a.m. - Step/Weights	6 a.m. - Cycling	8 a.m. - Kick Boxing
9 a.m. - Step	9 a.m. - Yoga	9 a.m. - Step	9 a.m. - Yoga	9 a.m. - Step	9 a.m. - Pilates
11 a.m. - Step	10 a.m. - Srs. Strength	11 a.m. - Step	10 a.m. - Seniors	11 a.m. - Step	10 a.m. - Zumba
Noon - Kick/Flex	11 a.m. - Step	4 p.m. - Power Yoga	11 a.m. - Step	5:30 p.m. - Yoga	
4:45 p.m. - Super/Step	4:45 p.m. - Pilates	5 p.m. - Combo	6 p.m. - Kick Boxing	6:30 p.m. - Kick Boxing	
5:15 p.m. - Cycling	5:45 p.m. - Zumba	5:15 p.m. - Cycling			
5:45 p.m. - Yoga	6 p.m. - Kick Boxing	6 p.m. - B-Toning			
7 p.m. - Kick Boxing					
18	119	20	21	22	23
Washington's Birthday Holiday Hours 9 a.m. to 5 p.m.	6 a.m. - Step	6 a.m. - Cycling	9 a.m. - Step/Weights	6 a.m. - Cycling	8 a.m. - Kick Boxing
	9 a.m. - Yoga	9 a.m. - Step	9 a.m. - Yoga	9 a.m. - Step	9 a.m. - Pilates
	10 a.m. - Srs. Strength	11 a.m. - Step	10 a.m. - Seniors	11 a.m. - Step	10 a.m. - Zumba
	11 a.m. - Step	4 p.m. - Power Yoga	11 a.m. - Step	5:30 p.m. - Yoga	
	4:45 p.m. - Pilates	5 p.m. - Combo	6 p.m. - Kick Boxing	6:30 p.m. - Kick Boxing	
	5:45 p.m. - Zumba	5:15 p.m. - Cycling			
	6 p.m. - Kick Boxing	6 p.m. - B-Toning			
25	26	27	28	29	
6 a.m. - Cycling	6 a.m. - Step	6 a.m. - Cycling	9 a.m. - Step/Weights	6 a.m. - Cycling	
9 a.m. - Step	9 a.m. - Yoga	9 a.m. - Step	9 a.m. - Yoga	9 a.m. - Step	
11 a.m. - Step	10 a.m. - Srs. Strength	11 a.m. - Step	10 a.m. - Seniors	11 a.m. - Step	
Noon - Kick/Flex	11 a.m. - Step	4 p.m. - Power Yoga	11 a.m. - Step	5:30 p.m. - Yoga	
4:45 p.m. - Super/Step	4:45 p.m. - Pilates	5 p.m. - Combo	6 p.m. - Kick Boxing	6:30 p.m. - Kick Boxing	
5:15 p.m. - Cycling	5:45 p.m. - Zumba	5:15 p.m. - Cycling			
5:45 p.m. - Yoga	6 p.m. - Kick Boxing	6 p.m. - B-Toning			
7 p.m. - Kick Boxing					



Solution to puzzle on page 8